



## Trip Itinerary

### DETAILED ITINERARY:

#### DAY 1: ARRIVE KATHMANDU

Our driver will meet you at the airport and transfer you to your hotel. Later you will meet your guide your pre-trek briefing.

#### DAY 2: FLIGHT TO LUKLA - TREK TO PHAKDING

Elevation: 2800m – 2656m

The flight from Kathmandu to Lukla takes 45 minutes and is an adventure in itself with great views of the Everest region (from the left of the plane) and ending with a hair-raising landing on a steep mountain runway. After meeting your crew, you will start your trek by heading up the Dudh Koshi Valley on a well- marked trail to Phakding.

#### DAY 3: TREK TO NAMCHE

Elevation: 2656m – 3450m

From Phakding, you cross and re-cross the river on high suspension bridges. Beyond Monjo is the entrance to the Sagarmatha National Park. You then take a steep hike to Namche. If the weather is clear, you get the first glimpse of Mt Everest. Namche is the main trading village in the Khumbu and you can enjoy an Illy coffee and amazing brownies here!

#### DAY 4: ACCLIMATISATION IN NAMCHE

Elevation: 3450m – 3880m – 3450m

Namche is tucked away between two ridges and has lots of lodges, tea shops and souvenir shops to explore. Today you will trek up to the Everest View Hotel at 3880m for your first view of Ama Dablam and Mount Everest and also to help with your acclimatisation.

#### DAY 5: TREK TO TENGOBOCHE

Elevation: 3450m- 3867m

From Namche, the trail contours on to the side of the valley, high above the Dudh Koshi. You will get great views of Everest, Lhotse, Nuptse and Ama Dablam. Passing by several villages and numerous tea shops, you descend steeply to a bridge over the river at Phunki Tenga. The village is an ideal stopover for lunch. Here you can rest before making the steep climb to Tengboche, famous for its legendary monastery, the largest in the Khumbu.

#### DAY 6: TREK TO PHERICHE

Elevation: 3867m – 4252m

You descend through a forest, cross the Imja Khola and climb steadily to the village of Pangboche. This village is directly opposite Ama Dablam (6856m), and has exceptional views of the mountain, the gompa, mani walls and scattered pine trees. A further two hours walk brings you to Pheriche.

#### DAY 7: ACCLIMATISATION IN PHERICHE

Elevation: 4252m

A day for rest and acclimatisation. You also have an opportunity to wander up the valley to look at the Tshola Tsho lake and the perpendicular walls of Cholatse and Tawache. Your guide will take you up onto the ridge overlooking Dingboche for the view of the Imja Valley and the incredible south face of Lhotse.

#### DAY 8: TREK TO LOBUCHE

Elevation: 4252m – 4930m

You continue up the wide valley beneath the impressive peaks of Cholatse and Tawache on the left. You then turn right and take a steep climb towards the foot of the Khumbu Glacier. The tea house at Duglha is a good spot to have lunch. The trail zigzags up through the boulders of the glacier's terminal moraine. At the top of this climb



there are many stone cairns, built as memorials to the many Sherpas who have died while climbing Mt Everest. The path then climbs gently along the glacier, to eventually reach Lobuche.

#### **DAY 9: TREK TO GORAK SHEP THEN EBC**

Elevation: 4930m – 5357m

To reach your next stop, Kala Pattar, you follow the Khumbu Glacier. The trail offers superb views of the surrounding mountains, especially where the path is forced to rise to cross a tributary glacier. You stop for lunch at Gorak Shep before finally making your way to base camp itself (5364m) This takes several hours as the trail weaves its way through ice pinnacles and past the crevasses of the Khumbu Glacier. On the return leg, you can take a higher route to get a spectacular view of the Khumbu icefall and the route to the South Col.

#### **DAY 10: KALA PATTAR THEN DINGBOCHE**

Elevation: 5444m – 4410m

A very early start is required to reach the top of Kala Pattar (5554m) for one of the best viewpoints in the Himalaya. From here you can see the face of Everest and deep into the Khumbu icefield. After lunch you then descend to Dingboche for the night.

#### **DAY 11: TREK TO NAMCHE**

Elevation: 4410m – 3450m

From Dingboche you drop down again to follow the river. After crossing it you climb back up through birch and rhododendron forest back to Tengboche. From Tengboche you descend over the Dudh Koshi before making your way back to Namche.

#### **DAY 12: TREK TO LUKLA**

Elevation: 3450m – 2800m

Your final day's trekking follows the Dudh Koshi back down to Lukla. This last evening in the mountains is the ideal opportunity for a farewell party with the Sherpa guides and porters, where you can sample some chang, try Sherpa dancing and look back on a memorable trekking experience.

#### **DAY 13: FLY TO KATHMANDU**

After an early breakfast, you will head to the airstrip for your return journey to Kathmandu. Later, you have free time to explore. You stay overnight in a hotel in Kathmandu.

#### **DAY 14: DEPART KATHMANDU**

Our representative will take you to the airport for your flight home.

#### **SUMMARY**

Up with the Inca Trail to Machu Picchu and the ascent of Kilimanjaro, the trek to Everest base camp is one of the world's great iconic walks. If you love walking this has to be on your bucket list.

Our lodge-based trek follows faithfully in the footsteps of Edmund Hillary allowing plenty of time to acclimatise properly and enjoy the views. The trek starts with the rollercoaster flight into Lukla: make sure you sit on the left for your first great views of the Everest region. The landing at Lukla can be a white knuckle affair but the pilots are incredibly skilful dropping the plane down onto a short steep runway.

Once your crew is assembled you start your trek passing through Sherpa villages with well cultivated fields. The trail is generally downhill for the first day but day two starts with a long hard climb to Namche, a surprisingly large town where even Illy coffee and a chocolate brownie are found.

Crossing the suspension bridges that span the Dudh Koshi river, you climb to Tengboche with its incredible monastery set against the backdrop of Ama Dablam, Everest and Lohtse. Next stop is Pheriche and then after a few more days you arrive in Gorak Shep the last stop before Everest Base Camp.

A short climb to the top of Kala Pattar (5545m) for a breath-taking view of the highest mountain on Earth. You then descend again to Dingboche and over the next three days retrace your steps to Lukla, an ideal place to relax and celebrate.